



Cancer Council SUNSMART UV INDEX

UV METER

| | | |
|---|------------------|--|
|  UV INDEX 4+ | EXTREME | SUN PROTECTION REQUIRED  SLIP  SLOP  SLAP |
|  UV INDEX 8-10 | VERY HIGH | |
|  UV INDEX 6-7 | HIGH |  SEEK  SLIDE |
|  UV INDEX 3-5 | MODERATE | |
|  UV INDEX 1-2 | LOW | SUN PROTECTION NOT REQUIRED |

myuv.com.au

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

Australia has one of the highest rates of skin cancer in the world.

Overexposure to UV (ultraviolet) radiation is the major cause of skin cancer. Childhood and adolescence are critical periods during which overexposure to UV radiation is more likely to contribute to skin cancer later in life.

Currently, **two in three Australians** are likely to receive a skin cancer diagnosis by the age of 70.



Thanks in part to the good work of schools, Australia is seeing the first ever reduction in skin cancer rates in younger age groups. Cancer Council's UV Meter is a tool to help reinforce this good work. Our UV Meters display the World Health Organization's UV Index and provides clear guidance about whether or not sun protection is required. Australians are encouraged to use sun protection when the UV Index is 3 or above.



Why Cancer Council UV Meters?

Many Australians believe that they should only be concerned about UV radiation when it feels hot. However, you can't see or feel UV, and sunburn and skin damage often occurs in cooler temperatures.

Our UV Meters give an accurate, visible and local measure of UV radiation in real time, making them a unique educational and safety tool for students, staff and parents.

Signage which provides information on what the UV Index numbers mean, and what action should be taken to protect from skin damage is included with the purchase of a UV Meter.

Having an accurate measure of UV radiation assists schools and workplaces with duty of care and work health and safety requirements of students and staff.

Want to know more?

If you're interested in purchasing a UV Meter for your school, early learning centre, workplace, community group or local government, please contact us via phone or email, or fill out the **UV Meter Expression of Interest form** on our website myuv.com.au/uvmeter.

T: 08 9212 4333

E: uvmeter@cancerwa.asn.au



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SLIP



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SEEK



SLIDE





For support and information on cancer and cancer-related issues, call our cancer nurses on **13 11 20**. This is a confidential service for the cost of a local call.

Cancer Council Western Australia

Level 1, 420 Bagot Road
Subiaco WA 6008

T: 08 9212 4333

F: 08 9212 4334

Supporter Hotline: 1300 65 65 85

cancerwa.asn.au